

Changing the Way We Look at Agriculture:

Opportunities for RDNs

January 26, 2015

Abigail Copenhaver, RDN, CDN Amy Myrdal Miller, MS, RDN, FAND



- **Future of Food Initiative**
- Describe the current state of US farming.
- Identify at least two innovative advances in agriculture globally.
- Name at least one action affiliates and DPGs can take to help members be more informed of agriculture practices.



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Academy of Nutrition and Dietetics Foundation



Improving Food Security: Dietitians Bring Nutrition E the Table

POSTED ON JUNE 14, 2012



Ethan Bergman, President of the Academy of Nutrition and Dietetics, addresses the Future of Food Conference in Washington, D.C. Photo courtesy of Washington Post Live.

By Ethan A. Bergman, PhD, RD, FADA, CD President Academy of Nutrition and Dietetics

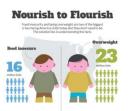


Future of Food Resources for Members

- Hunger Actions and Resources added to www.kidseatright.org/volunteer
- Toolkits <u>www.kidseatright.org/volunteer</u>
 - Hunger in Our Community. What We Can Do.
 - Smart Choices. For a Healthy Planet. (English & Spanish!)
- Feeding America's Healthy Food Bank Hub www.healthyfoodbankhub.org
- Food Insecurity and Food Banking Supervised
 Practice Concentration www.healthyfoodbankhub.org

Future of Food Education for Members

- Webinars <u>www.eatrightfoundation.org</u>
- Infographics <u>www.eatrightfoundation.org</u>







- "Changing the Way We Look at Agriculture" 2015
 Affiliate Presentations
- 2014 FNCE Symposium: "The RDNs Guide to Plentiful, Nutrient Dense Food for the World"
- 2015 FNCE Symposium "A Balanced Approach to Understanding the Science of Antibiotics in Animal Agriculture"



Future of Food Research Projects

Future of Food Initiative

- Indianapolis RD Parent Empowerment Program with supplemental food research project
- Foundation Agriculture, Nutrition, and Health Research Fellow: Chris Vogliano, MS, RD, LD
 - Consensus Conference & proceedings paper
 - Healthy Food for a Healthy
 Planet webpage working group
 - FNCE Symposium proceedings paper
 - Food Waste in the US manuscript & white paper
 - Food waste dietetic internship research project

ARTICLE IN PRE



FROM THE ACADEMY

Plentiful, Nutrient-Dense Food for the World: A Guide for Registered Dietitian Nutritionists

Chris Vogliano, MS, RD, LD; Katie Brown, EdD, RDN, LD; Amy Myrdal Miller, MS, RDN; Dayna Green-Burgeson, RD; Abigail Andrew Copenhaver, RDN, CDN; Jennie Schmidt, MS, RD

FEBRUARY 2014 SURVEY OF A representative sample of Academy of Nutrition and Dietetics (Academy) members showed high interest in learning more about domestic and global farming and food production practices, strategies for increasing global food security, care of animals raised for human consumption, and environmental considerations along the food supply chain. In response, the Academy produced a series of four educational webinars exploring the increasingly more complex relationship between agriculture and food and nutrition.

As a follow-up to the webinar series, the Academy Foundation hosted a symposium before the 2014 Food & Nutrition Conference & Expo in Atlanta, GA, titled "The RDN's Guide to Plentiful, Nutrient-Dense Food for

University's Paul H. Nitze School of Advanced International Studies, and William Weldon, PhD, vice president for Global Research and Development at Elanco Animal Health. They presented the current state of global food and nutrition security and explained the importance of innovative advances in agricultural productivity and environmental sustainability. The second half of the symposium featured four RDN farmers, each addressing a consumer question about farming that they are commonly asked, presenting the science supporting their answer to that question, and providing application suggestions for RDNs and other food and nutrition practitioners.

This article features symposium highlights from the both the food and nutrition security experts and the RDN farmers. inadequate water and sanitation, poor soil quality and growing conditions, crop failure, food waste reduction, natural disasters, war, illness, lack of education, and unemployment.²

Of the 7.2 billion people alive in the world today, 1.2 billion are living on less than an adjusted \$1.25/day.2 One out of eight people cannot afford to purchase enough food to provide 1,800 kcal/day, which is less than what is required to support even a medium level of physical activity.3 This calorie deficit also leads to devastating malnutrition. For example, from the time of conception to age 24 months, malnutrition can cause permanent stunting of a child's mental and physical development, resulting in reduced learning capacity and labor productivity.4

Calories alone are not enough to

Last year our donors' generosity helped us award:

\$545,000 in student scholarships to 381 students

\$12,500 in student stipends to help students attend FNCE.

\$40,000 through Home Food Safety Challenge grants to dietetics students.

www.eatrightfoundation.org



Abigail Copenhaver, RDN, CDN

@DairyFarmerRDN





Disclosure

- Owner of Farmstead Nutrition & Consulting, LLC and Ivy Lakes Dairy, LLC
- Dietitian at Child Care Council (Rochester, NY)
- Member of Farm Bureau, Northeast Dairy Foods Association
- Consulting for the American Dairy Association and Dairy Council

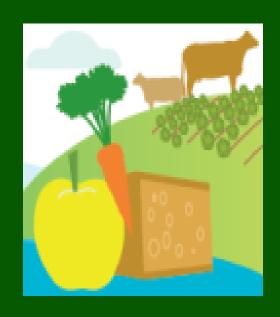


Speaker: Abigail Copenhaver





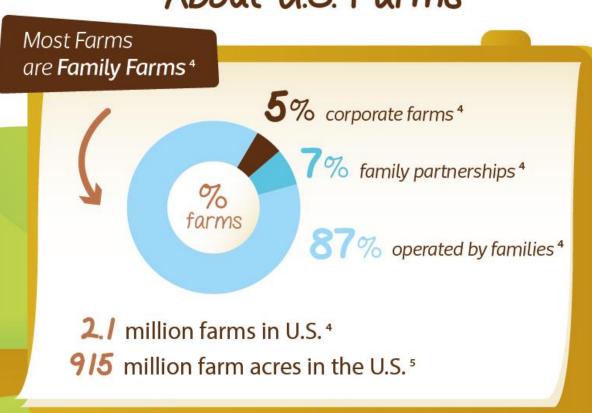
US Farmers & the State of US Farming





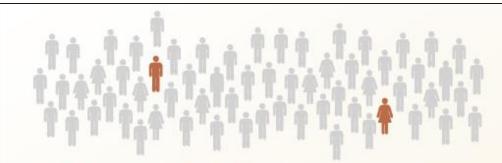








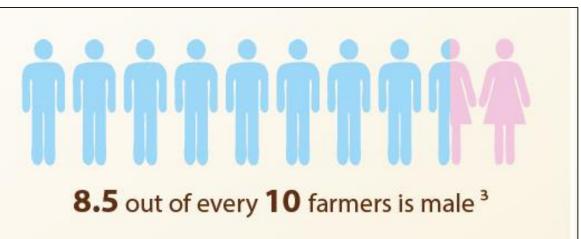




While less than **2%** of US population are farmers, they help to feed 100% of the US population! ¹

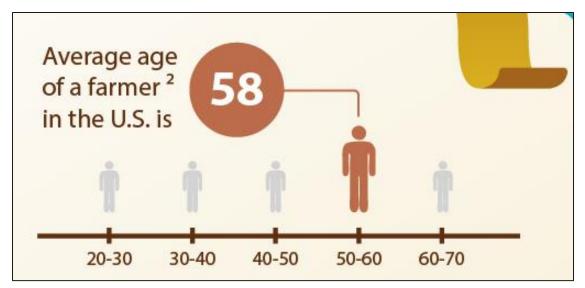






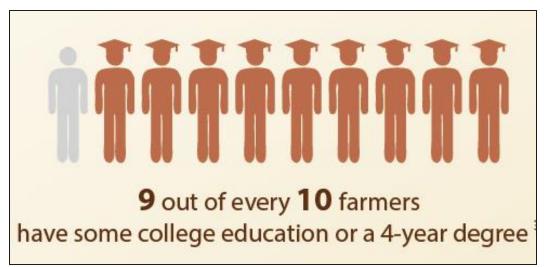


Who Grows Our Food? A Profile of American Farmers





Who Grows Our Food? A Profile of American Farmers





Forecasted Farm Economy⁷

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Average net cash incomes are forecast down for farm businesses in all regions in 2015 relative to 2014 Northern Crescent -34% reat Plains Fruitful Rim -27% Basin and Range Heartland -22% Eastern Southern Seaboard -17% Prairie Gateway -25% 0 to -4% Mississippi Portal -5% to -9% Fruitful Rim -12%

-27%

Patrick, K. USDA Economic Research Service. http://www.usda.gov/oce/forum/2015_Speeches/KPatrick.pdf.

-10% to -14%

-15% to -19%

-20% to -29% < -30%

Source: ERS partial model based using the 2013
Agricultural Resource Management Survey (ARMS) and
parameters from the sector forecasts. The model is static
and therefore does not account for changes in crop
rotation, weather, and other local production impacts that
occurred after the base year.

Fruitful Rim

-27%

Future Farmer Trends⁸

http://www.agcensus.usda.gov/Partners/ Infographics/Faces of Agriculture.pdf



Source: 2012 Census of Agriculture, May 2014

The Faces of U.S. Agriculture

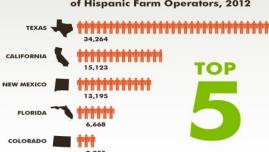
The 2012 Census of Agriculture lets us know who is involved in U.S. agriculture – from family farmers to hired labor, and from new, beginning farmers to next-generation farmers. Census data help inform smart policymaking to benefit farmers and ranchers, their communities, businesses and industries.



The average age of a principal farm operator. The average age is generally highest in the south, and lowest in the upper plains.



Top 5 States by Total Number of Hispanic Farm Operators, 2012



* Statistically significant change. Visit http://bit.ly/AgCensusFAQs.

www.agcensus.usda.gov

U.S. Department of Agriculture National Agricultural Statistics Service

3.2 MILLION

The number of all farm operators in the U.S. in 2012.

That's more farmers than the entire population of Iowa.



Down 3% from 2007.

22 PERCENT

The percent of all farmers in the U.S. who were beginning farmers in 2012.



That means 1 out of every 5 farmers operated a farm for less than 10 years.

87 PERCENT

The percent of farms that are operated by families or individuals in the U.S.

Of the total number of operators, 2.4 million live on their farms.



2.7 MILLION

The number of hired farm workers in 2012.



Hired farm workers account for less than 1% of all U.S. wage and salary workers but are vital to agriculture production.

257,454



The number of Millennial Generation farmers age 34 or younger in the U.S. in 2012.

That's more than 4 times the enrollment of Texas A&M University.



Source: 2012 Census of Agriculture, May 2014



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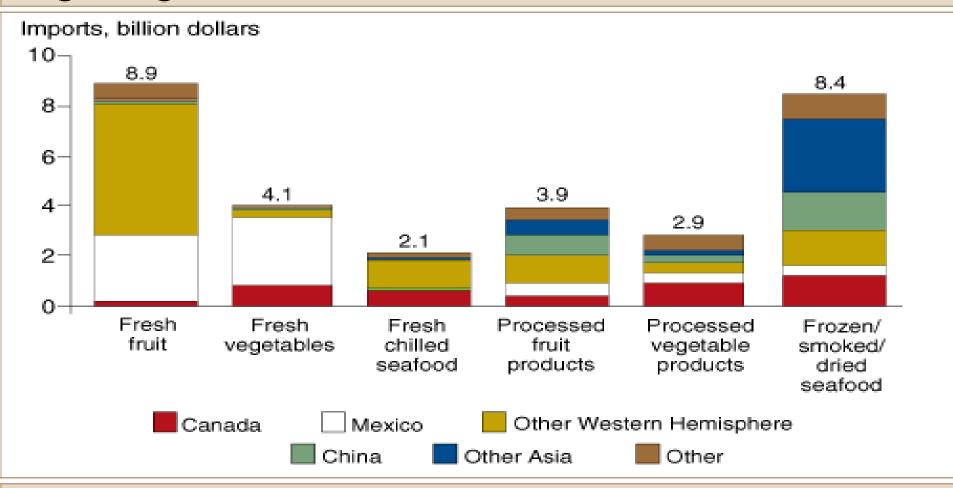


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U.S. Food Imports¹⁰

U.S. perishable food imports in 2007 mostly came from neighboring countries



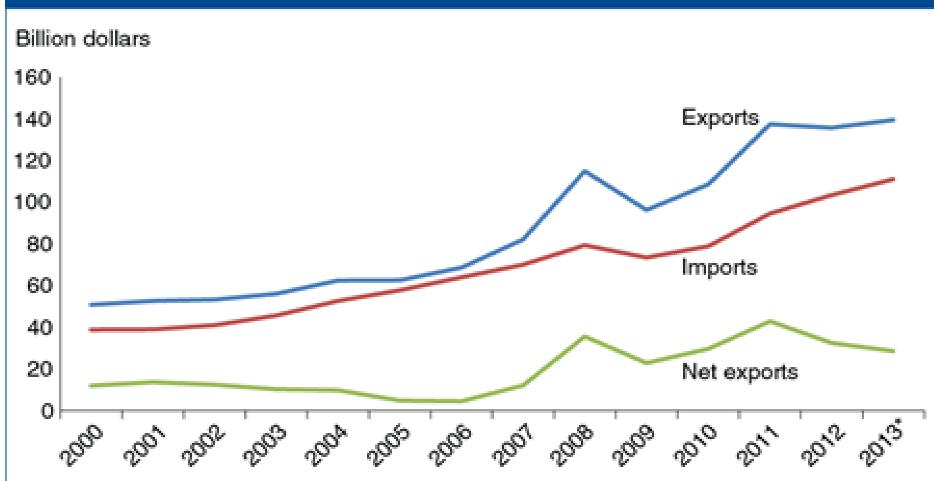
Source: USDA, Economic Research Service classification using data from U.S. Department of Commerce, Census Bureau.



U.S. Agriculture Exports¹¹

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U.S. agricultural exports, imports, and trade balance, 2000-13*



*2013 = forecast through September 2013.

Sources: USDA, Economic Research Service, Foreign Agricultural Trade of the United States;

Outlook for U.S. Agricultural Trade: May 2013.



The State of Global Health & Nutrition





State of Global Health¹²

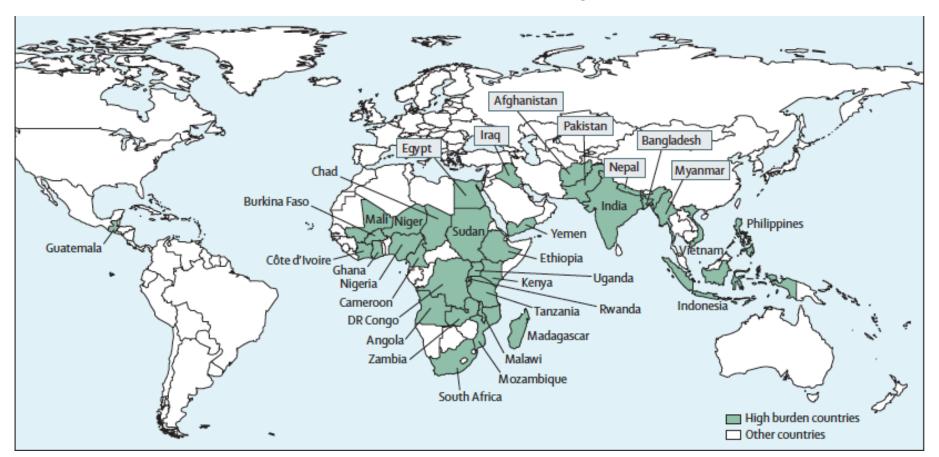
- Undernutrition is responsible for 3 million deaths each year –
 That's 45% of deaths in children under 5.
- In 2011 there were 165 million children under 5 with stunted growth.
- Suboptimal breastfeeding results in more than 800,000 child deaths annually.
- Fetal growth restriction causes 12% of annual neonatal deaths.

The Lancet – June 2013



Understanding the Context¹³

34 countries bear 90% of the global burden of undernutrition



Lozano R. Lancet 2012; Lancet. 2012 Dec 15;380(9859):2095-128. Global and regional mortality from 235 causes of death for 20 age groups in 1990 and 2010: a systematic analysis for the Global Burden of Disease Study.



Advances in Agriculture







Benefits of Agriculture Advances

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Access to healthy food



Food production



Environmental impact



Who is advancing agriculture innovation to achieve food security and healthy food systems?

- Government
- Nonprofit organizations/foundations
- Industry and farmers



Government

Advances in Agriculture



USDA Sustainable Agricultural Systems¹⁴

- 1. Integrating sustainability issues and approaches into a range of USDA science priorities, including food security, crop and animal production and protection, bioenergy, climate change, and natural resource management.
- 2. Building a **framework for sustainability data** and information, and supporting research, education, and extension efforts to develop critical scientific and management information to fill gaps in the framework.



Sustainable Agricultural Systems, cont'd14

- 3. **Advancing the understanding** of local and regional **food systems**, a key part of the **USDA strategy** for rural prosperity and a promising market for connecting producers with consumers, many of whom are interested in farmers and land management.
- 4. **Improving** the performance of **organic agriculture** (the largest of the "transformative system" examples described in the NRC report).





World Health Organization (WHO) Authority for health within United Nations



Food and Agriculture
Organization of the
United Nations

for a world without hunger

Food and Agriculture Organization (FAO)

Works to achieve food and nutrition security globally



Government Nonprofit organizations/foundations

Advances in Agriculture



Examples from Academy Position Paper¹⁷⁻²¹

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FROM THE ACADEMY

Position Paper

Position of the Academy of Nutrition and Dietetics: **Nutrition Security in Developing Nations:** Sustainable Food, Water, and Health

ABSTRACT

It is the position of the Academy of Nutrition and Dietetics that all people should have consistent access to an appropriately nutritious diet of food and water, coupled with a sanitary environment, adequate health services, and care that ensure a healthy and active life for all household members. The Academy supports policies, systems, programs, and practices that work with developing nations to achieve nutrition security and self-sufficiency while being environmentally and economically sustainable. For nations to achieve nutrition security, all people must have access to a variety of nutritious foods and potable drinking water; knowledge, resources, and skills for healthy living; prevention, treatment, and care for diseases affecting nutrition status; and safety-net systems during crisis situations, such as natural disasters or deleterious social and political systems. More than 2 billion people are micronutrient deficient; 1.5 billion people are overweight or obese; 870 million people have inadequate food energy intake; and 783 million people lack potable drinking water. Adequate nutrient intake is a concern, independent of weight status. Although this article focuses on nutritional deficiencies in developing nations, global solutions for excesses and deficiencies need to be addressed. In an effort to achieve nutrition security, lifestyles, policies, and systems (eg, food, water, health, energy, education/knowledge, and economic) contributing to sustainable resource use, environmental management, health promotion, economic stability, and positive social environments are required. Food and nutrition practitioners can get involved

POSITION STATEMENT

It is the position of the Academy of Nutrition and Dietetics that all people should have consistent access to an appropriately nutritious diet of food and water, coupled with a sanitary environment, adequate health services, and care that ensure a healthy and active life for all household members. The Academy supports policies, systems, programs, and practices that work with developing nations to achieve nutrition security and self-sufficiency while being environmentally and economically sustainable.

Feed the Future

Save & Grow

Urban Harvest

Bangladesh Homestead Food **Production Program**



Nonprofit organizations²²

World Wildlife Fund

Working with business, government and communities to find and influence the adoption of solutions that will improve efficiency in the use of natural resources, reduce waste, and eliminate illegality.

We have to do more with less. Much less.

"Supply risk from unsustainable sourcing can destroy reputations, brands, biodiversity, communities and generate expensive legal disputes to companies and government".

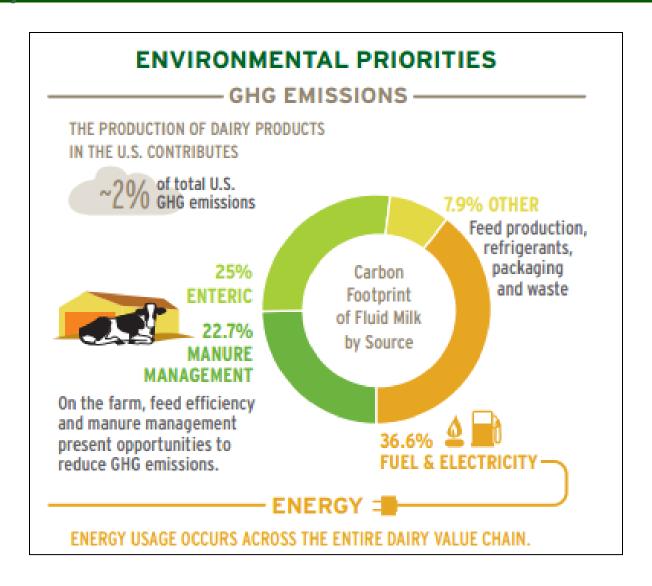




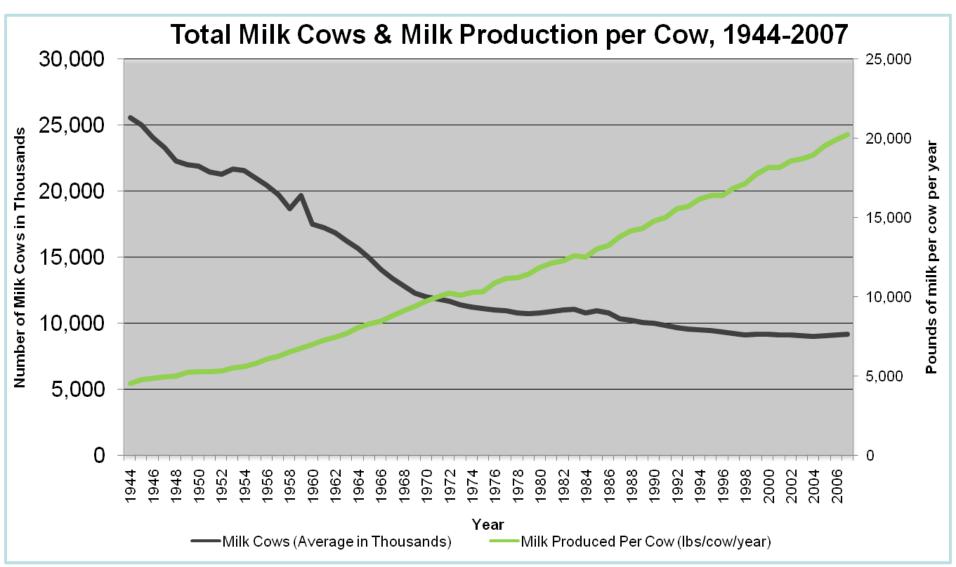
Industry and farmers

Advances in Agriculture





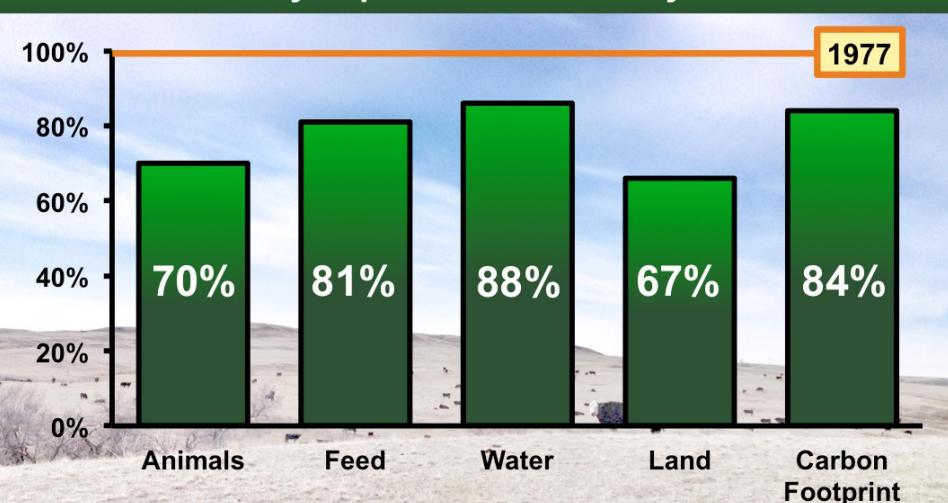
Efficiency²⁷





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Environmental Impact of U.S. Beef Production has been Reduced by Improved Productivity



Source: Created by Dr. Jude L. Capper, 2014; Data from: Capper, J. L. (2011). The environmental impact of U.S. beef-production: 1977 compared with

2007. J. Anim. Sci.

Examples of Agriculture Innovations

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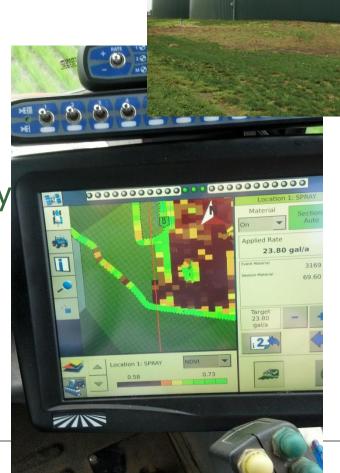
Innovations in agriculture technology help to use fewer resources, including fertilizer, pesticides, water, etc.

Examples:

 Technology to maximize crop space

 Satellite imagery to survey soil

- Technology to increase drought tolerance
- Precision agriculture tools to reduce inputs and improve efficiency



Picture courtesy of Michigan University

- US Farmers & the State of US Farming
- State of Global Health & Nutrition
- Innovations in Agriculture
 - Government
 - Nonprofit organizations/foundations
 - Industry and farmers



What Can Academy Members Do?



Amy Myrdal Miller, MS, RDN, FAND Founder & President
Farmer's Daughter Consulting, LLC

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Financial Disclosures

- American Beverage Association
- The Culinary Institute of America
- McDonald's USA (Northern California Owner-Operators Cooperative)
- Monsanto L.E.A.D. Network Member
- National Dairy Council Ambassador
- Northarvest Bean Growers Association
- Passionate Food Group
- Produce Business magazine
- Star Ginger Restaurants
- Plus honoraria for speaking















What Can Academy Members Do?

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Educate



Advocate



Communicate



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Maryland RDNs Connect with Farm Women through Common Ground™







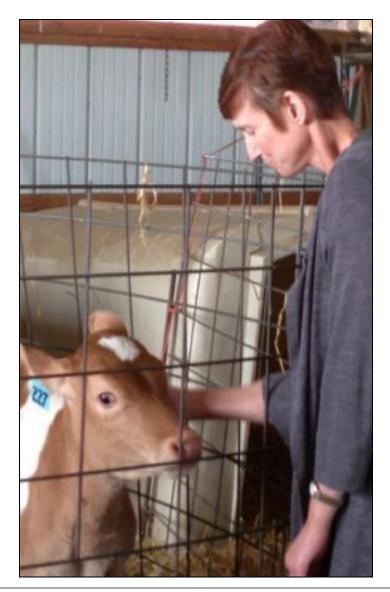




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Ohio RDs Experienced the Journey of Milk from Farm to Lunch Tray







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2014 Wheat Foods Council "Wheat Safari"





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2014 California Beef Council Beef Sustainability Event







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- Get involved in DPGs strongly supporting agricultural issues, including:
 - Hunger and Environmental Nutrition (HEN)
 - Food & Culinary
 Professionals (FCP) Ag
 Subgroup
 - Find out more about Future of Food and view recorded webinars

www.eatrightfoundation.org



SMART CHOICES For a Healthy Planet Toolkit

- 25-minute PowerPoint presentation plus 5-minute suggested activity
- Target audience: adults or mature teens
- Toolkit includes notes pages and downloadable handout
- Available in English and Spanish
- FREE!
- Available to download at www.kidseatright.org/volunteer





Educate: Ag in the Classroom²⁹

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www.agclassroom.org



Educate: Farm to School Programs³⁰

Future of Food Initiative



www.fns.usda.gov/farmtoschool



Advocate: Promote Grower-Buyer

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Grower-Buyer Expos

- Expand opportunities for more local products in schools, hospitals, institutions or supermarkets.
- Opportunity for growers to increase local distribution.
- Excellent way for RDNs to connect with farmers.



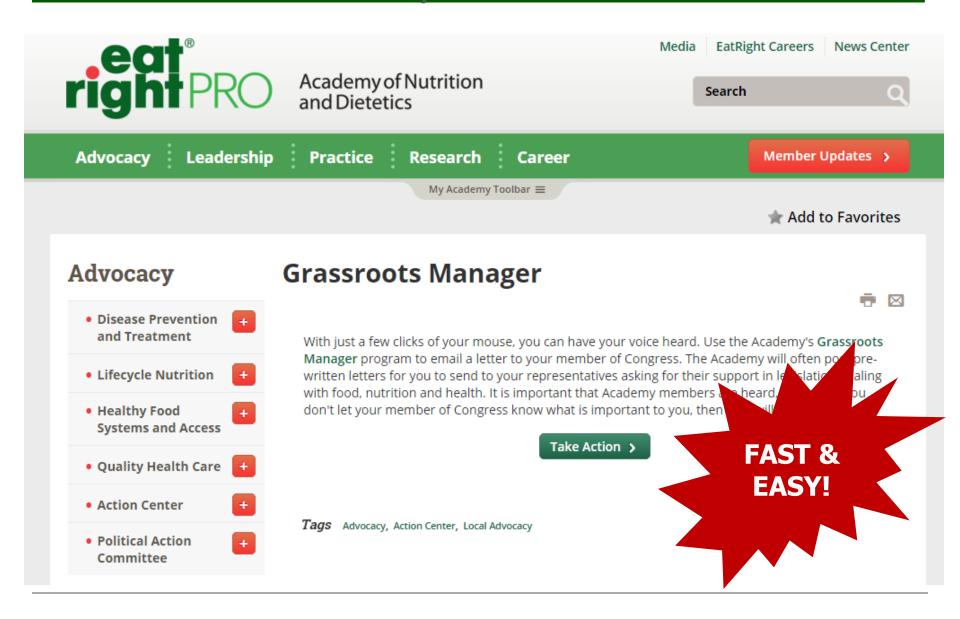


Advocate: Public Policy^{3, 31-35}

- Supplemental Nutrition Assistance Program (SNAP)
 - Supplemental income for 47 million low-income Americans
- The Emergency Food Assistance Program (TEFAP)
 - Supplemental food for emergency situations, provided through food banks
- Commodity Supplemental Food Program (CSFP)
 - Provides USDA Foods to 575,000 low-income seniors
- Fresh Fruit and Vegetable Program (FFVP)
 - Provides funds for free F&V snacks to school children in low-income districts
- SNAP Nutrition Education (SNAP-Ed)
 - Provides nutrition education for low-income families
- Beginning Farmer and Rancher Development Program
 - Provides grant funds for training programs for new farmers & ranchers
- Conservation Stewardship Program (CSP)
 - Provides funding for farmers & ranchers that help conserve natural resources
- Environmental Quality Incentives Program (EQIP)
 - Provides incentives for farmers & ranchers to implement conservation practices
- ACA/IRS: Nonprofit hospitals can now claim tax credits for nutrition aid provided to local communities

Advocate: Public Policy³⁶



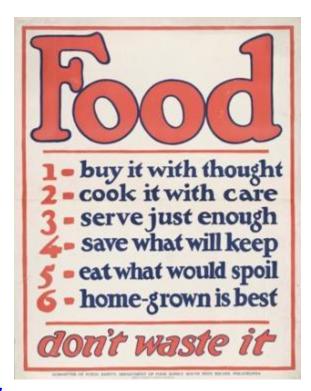


Communicate: Food Waste³⁷

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USDA & EPA "U.S. Food Waste Challenge"

- Reduce food waste by improving product development, storage, shopping/ordering, marketing, labeling, and cooking methods.
- Recover food waste by connecting potential food donors to hunger relief organizations like food banks and pantries.
- Recycle food waste to feed animals or to create compost, bioenergy and natural fertilizers.
- http://www.usda.gov/oce/foodwaste/





Communicate: Farm to Table Dinners





Communicate: Volunteer

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California State
University,
Sacramento students
volunteering at a
"Nutrition Fuels
Fitness" race. Race
proceeds benefited
local organizations
working to reduce
childhood obesity.



Communicate: Social Media





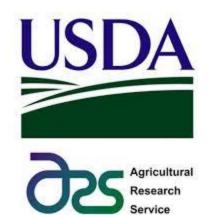






Communicate: Share Resources

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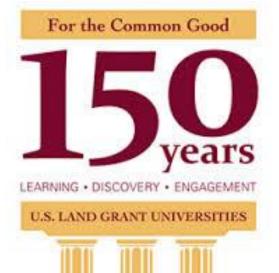


http://www.ers.usda.gov/



http://www.ars.usda.gov/main/main.htm

http://www.csrees.usda.gov/Extension/





Food and Agriculture Organization of the United Nations

www.fao.org

http://www.aplu.org/document.doc?id=780



Educate



Advocate





Communicate



Future of Food Initiative

Changing the Way We Look at Agriculture:

Opportunities for RDNs

QUESTIONS?



right. Academy of Nutrition and Dietetics Foundation Future of Food Initiative

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